OFFICE OF THE PRINCIPAL
8 APR 1958

Gram Sevak trainees in the field.

Gram Sevak

ISSUED BY THE MINISTRY OF COMMUNITY DEVELOPMENT

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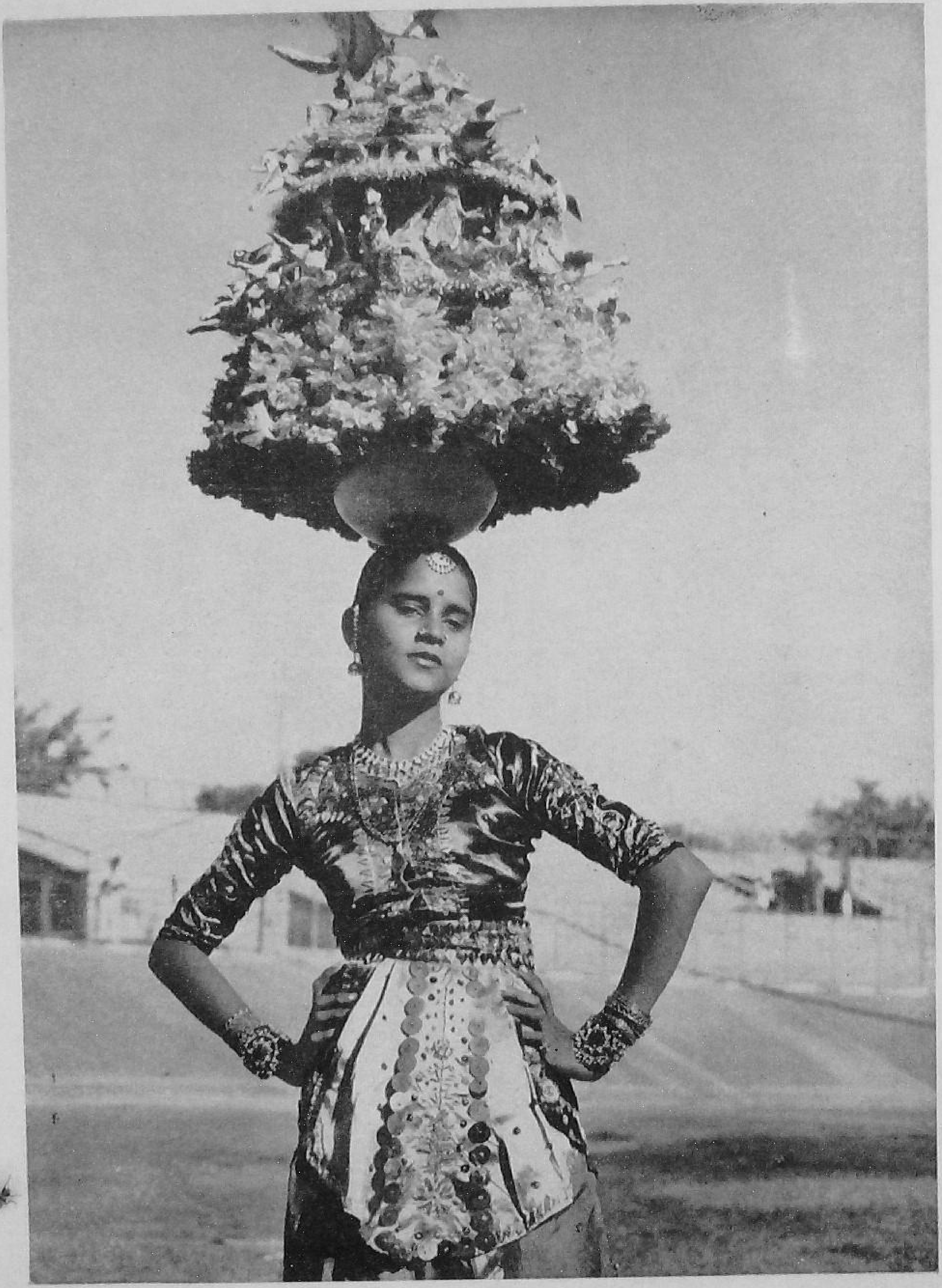

Karagam is an ancient folk dance of Tamil Nad and means "a dance with a pot". The decorated pot is skilfully balanced on the bare head of the dancer without any support of the hands. The dancer goes through various processes and movements to the rhythm and tune of the accompanying music.

OFFICE OF THE PRINCIPAL
8 APR 1958
PATTUKKOTTAI
RURAL EXTENSION TRAINING CENTRE

मज़दूर मंजिल
ग्राम सेवक

GRAM SEVAK

Phalguna-Caitra, 1879.
Vol. 4, March 1958, No. 8

CONTENTS

A New Experiment .. 1
Bat-Chit 3
New Uses of Rice Husk —*V. G. Bedekar* and *Dr. R. H. Joshi* .. 5
I Can Never Forget It —*Shammi Prabha Devi* .. 6
Village Women Leaders' Camp 7
New Sources of Income for the Panchayats —*T. K. Ramachandran* .. 9
Walls have Ears —*Stories from Panchatantra* 10
Extension through Rural Youths —*Dr. J. C. Srivastava* .. 15
A Health Visitor —*Careers Open to You* .. 16
I Tell My Own Story—Amla —*P. Balasubrahmanyam* .. 18
500 Per cent More .. 19
Barbers Without Razors —*Dr. K. D. Roy* 20
Prepare Your Own Syrups and Pickles 21
Man of the Month 22
Do You Know? 23
Letters from our Readers .. 24

Editor: D. RAGHAVAN
Asst. Editor: M. K. RAO
Sketches: ROMESH CHANDRA

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A NEW EXPERIMENT

BUNDELKHAND in Uttar Pradesh has launched a novel experiment. Realising that the Indian villager would be prepared to make any sacrifice for his children, it has helped him release his purse-strings in the name of children. Led by the Commissioner of the Division, the Project workers have taken a pledge to enlist nearly 6½ lakhs of children in the Small Savings Scheme. Their objective: to greet our Prime Minister on his 69th birthday with a sum of Rs 27 lakhs.

The intensive Small Savings Drive was launched among the village children on November 14 last year and up to the end of the year, nearly ten thousand children have been enrolled with a deposit of Rs 1,20,000. In some of the villages in the N.E.S. Blocks all the heads of the families have already opened a Savings Bank Account in the name of their children.

Villagers who showed initial mental resistance when approached for investment in the Small Savings Scheme, readily responded when they were asked to save for their children and opened accounts in the names of their children. The sense of excitement has now passed on to the children themselves, who on seeing some of their friends having pass-books opened in their names, could not resist the temptation of being quits with their playmates. And with a sum of Rs 2|-, a new account is opened. Even if a villager has six children, the amount required to open an account for everyone of them would be only Rs 12|-. In this way a new sense of partnership is being forged between the parents and the children on the one hand, the Development Programme on the other. No father likes his children to spend; but he would certainly be glad if they can *save* and so he readily agrees to encourage in his children the saving habit.

Bundelkhand Small Savings campaign has also helped in the realisation of Panchayat tax arrears. These arrears have been accumulating since the inception of the Panchayats in the year 1949. No less than 300 Gaon Sabhas in the Division have now fully realised all the arrears of taxes and up to the end of last year a sum of nearly Rs 4½ lakhs have been realised. This has in its turn given new life to developmental work in these villages. Yet another drive on the co-operative front in the Division has led to a total collection on the share capital and deposits amounting to Rs 11,66,337. This amount has directly helped the Small Savings Scheme as the amount is invested in the District Co-operative Bank which in turn invests the amount in the Post-office Savings Bank account.

CLASSLESS SOCIETY

The COPP Report's recommendation for the abolition of the distinction between C.D., N.E.S. and Post-Intensive blocks has been accepted by the Government.

Bat-Chit

Villager: Ram Ram, Gram Sevak Sahib, this time you are very late in coming.

Gram Sevak: Yes, I am sorry, I could not come earlier.

Villager: But why are you looking worried?

Gram Sevak: Chaudhuriji, I am really in a fix and I do not know what to do?

Villager: Why, what has happened?

Gram Sevak: Nothing particular. But you see for the last one or two years, we have been having general shortage of food. In some places, we suffer from the failure of rains and yet in others, we are overflooded with water and most of our crops are thus wasted.

Villager: It is nothing new you are telling me. My father complained of the same thing. My father's father was also not happy about it. Nor am I. But in these things what can we do? All this is in the hands of God. You cannot question his authority. Can you?

Gram Sevak: Perhaps you are right. But God has given us our brains and with the advancement of science, we have been able to avoid unnecessary calamities which we earlier felt were destined to happen.

Villager: I could not follow you.

Gram Sevak: Now take this huge dam which has been built at such a high cost. We have spent crores of rupees on it so that we could store enough water for our village farmers.

Villager: For us?

Gram Sevak: Yes, certainly.

Villager: Gram Sevak Sahib, you are a good friend of mine and I have great respect for you but certainly you do not mean to say that the Government has spent so many crores of rupees in order to help the poor peasant like me. You know the canal which carries the water to our village has taken away a good bit of my land.

Gram Sevak: In all these things, you have to make some sacrifice. Now if you want a road connecting your village with the town, it will certainly have to be built over the fields of some people. Can you help it? And of course you are paid for that, isn't it?

Villager: What use is the money to me when I have to part with the land of my ancestors. Besides that, you know many of us are not using this water.

Gram Sevak: That is what is worrying me. Why don't you make a good use of this water?

Villager: There are so many problems. The first is that we have no small canals which could carry the water to our fields. You want us to do that ourselves. Where is the money for it? Then you are also charging us for making use of the water which is something I never heard before.

Gram Sevak: My dear fellow, the Government is your own Government and the money that it spends comes for you. If it has spent crores of rupees on the construction of the dam, which reserves all the water for you and when by using this water, you increase your yield two or three times, you have certainly got a duty to pay to the Government for the benefit that you have received. I do not think there is anything wrong in the Government charging you some money for it.

Villager: You are perhaps right but in our village meeting, it never occurred to us and we thought it was an increase in the revenue and another way of extracting money from the people. Today you started on the canal, tomorrow you will do it on the road too. You will perhaps tell me that the Government has constructed the road and it has helped me in

taking my products to the towns and I have earned a little more profit and therefore, I should certainly pay something to the Government. If for everything we have to pay to the Government, I cannot see any great use of the benefit that the Government is doing.

Gram Sevak: But all this is done for you.

Villager: You have again come back to the same point. Who told the Government to spend crores of rupees on such huge projects? We were never consulted even in the things that were to happen to our own village. I know you so well and I have been able to pick up something useful and informative from you. But many of my village friends continue to believe that no good is going to come from any of these things.

Gram Sevak: It is perhaps my fault. I should have met them more often, discussed the matters with them, made them understand the whole problem and then perhaps started any new project.

Villager: That is right. If you do things in that way, I am sure people will understand your programme much better.

Gram Sevak: But with ten villages to look after, I do not know whether I will be able to do it. But I shall certainly keep this in mind. Now Chaudhuriji, let us talk about your own problems. How is your young child now?

Villager: He is all right. Yes I forgot to tell you that the Health Visitor had come here the other day. I am sure I am not going to get in now for the eleventh child.

Gram Sevak: I am really glad to learn that. What about your Panchayat?

Villager: Oh, it is running fine.

Gram Sevak: I am sure you are now going to have a complete Panchayat Raj.

Villager: How do you say that?

Gram Sevak: The other day there was a conference of the Sarpanchs of the village and tehsil Panchayats of Rajasthan.

Villager: That is interesting. What did they decide?

Gram Sevak: They have urged the State Government to allot 15 per cent of the land revenue to the Panchayats to enable them to improve their funds so that they could spend it on some useful projects.

Villager: That is good. What more have they done?

Gram Sevak: They have also decided that every village should spend their daily routine for two hours on Purnima, Amavashya and Ekadeshi days and utilise this time in improving the sanitation of their villages.

Villager: That is also very good. We must also do something like that.

Gram Sevak: You can do a lot. I am in a hurry. I must leave now. I have nine more villages in my beat!

Villager: Ram, Ram.

Gram Sevak: Ram Ram.

BETTER HOMES

Sir,

Home improvement should be one of the main items of work of the Lady Social Education Organiser and Gram Sevikas. In this connection may I direct the attention of your readers to the recommendations of the Development Commissioners' Conference held in Mussoorie last year. The items to be considered in connection with home improvement were: (i) light and ventilation, (ii) orderliness and beauty in arrangement of utensils, furniture and husehold articles, (iii) kitchen garden, (iv) flower garden, (v) soak-pit, (vi) latrine and (vii) smokeless Chulah.

Exhibition of beautiful homes arranged in each Gram Sevika's circle would serve as a great incentive to many house-wives. Illustrated pamphlets on interior decoration, small flower gardens, if brought out well and made available to the villages on a nominal price would also be a great help.

Bombay,
14-2-58

Yours etc.
A Gram Sevak.

New Uses of Rice Husk

V. G. Bedekar and Dr. R. H. Joshi

RICE husk is a waste product available in huge quantities in the paddy-growing areas of the State. This material is often seen stacked in heaps and its disposal is always a problem. Only a small part of it is used as fuel.

Trials conducted during the past two or three years have shown that rice husk could well be used for two purposes, viz., as a manure after composting it and secondly as a clarifying agent in the form of its charcoal bricks. The method for composting, although it does not give a perfectly rotted compost of the stuff can well be used by cultivators without difficulty. The manure thus obtained is better or at least equal to cow dung manure in its nitrogen content and field trials show that in respect of its yield-giving property, it is nearly as good as the latter. The charcoal bricks have been tried at some of the Government Experimental Farms of Vidarbha and their performance was generally satisfactory. The methods of preparing compost and charcoal bricks are given below.

Composting

A bed of rice husk of about one foot in depth is spread in the cattle shed. Over this a thin layer of straw or other soft litter is spread so that the husk would not prick the cattle. The cattle are then allowed to rest over their bedding as usual. The bed is turned over after every ten days or a fortnight. This process is repeated for over a period of about two months so that the rice husk gets properly impregnated with cattle urine and becomes slightly soft. During this process the rice husk gets also mixed up with the cattle dung. The whole mass is now put in a pit and composted as usual. The compost thus obtained has been found to contain 0.8 to 0.9 per cent of nitrogen and gets well assimilated in the soil. The field experimental trials have shown that this compost gives similar results as farm-yard manure when incorporated on the same nitrogen basis.

Charcoal Bricks.

Husk Charcoal: The rice husk is turned over in a big pan heated from below as in gur making, until it gets completely carbonised. This material is then packed in a tank, with an outlet at the bottom and soaked with one and a half its amount of a 10 per cent solution of caustic soda, which process is continued for about 48 hours. The solution of caustic soda is then run off by the outlet and the material washed with dilute hydrochloric acid (roughly ten times diluted acid), and finally by water about three to four times. The material is then dried in the sun.

Bricks: The activated charcoal thus prepared is then mixed with other binding and clarifying materials in the following proportions:

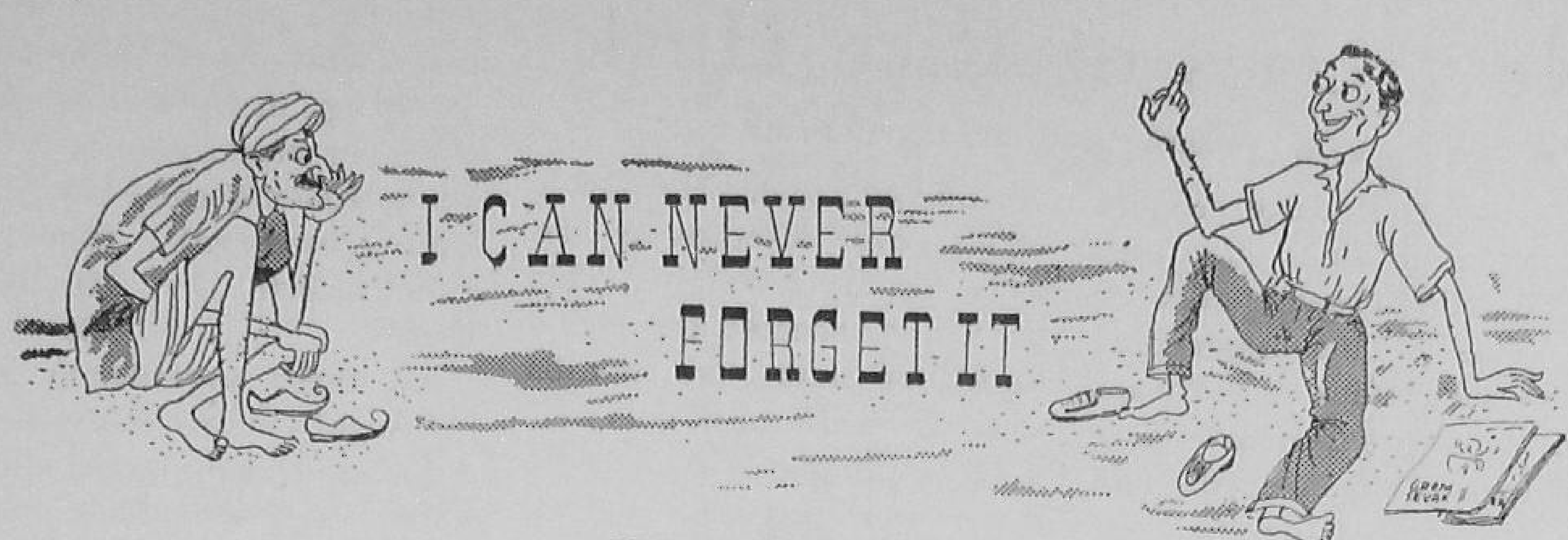
Activated charcoal	450	gms.
Lime (powdered)	100	,,
Fuller's earth	100	,,
Cement	750	,,

All these ingredients are thoroughly mixed in dry condition and then mixed with water and moulded into bricks of the size 6"×4"×2". With the above quantity two bricks can be prepared.

Four such bricks are put into the boiling pan with the cane juice at four ends. When the scum is completely removed and the consistency of the juice comes to more or less for 'rab' formation, the bricks are taken away and immediately put into hot water. They are washed twice over again with hot water. They can again be used only once more for clarification.

These bricks have been observed to work well at a number of Government Experimental Farms in comparison to other clarifying agents like super phosphate, sodium bicarbonate, ground-nut and castor cake, sodium hydrosulphide, etc.

Each brick costs roughly about 5½ annas which includes all the expenses. Four such bricks used for one pan twice over, will suffice for production of about 4 maunds of gur. The cost for one seer of gur, will thus only come to about one naya paisa. Considering the efficiency of the bricks as clarifying agent, the cost is negligible.



I CAN NEVER FORGET IT

SHAMMI PRABHA DEVI,
S.E.O (Women), Chiterkut Block,
Madhya Pradesh

IMMEDIATELY after the completion of my training in the Udaipur Training Centre I was posted to Chiterkut Block as an S.E.O. (woman). A few days after having taken over, I was asked by the B.D.O. to set up a recreation centre for women and what was more the building for the centre had to be constructed through Shramdan by women. This was really an uphill task. This village was predominantly inhabited by the people of the higher caste and to have expected any kind of Shramdan work from them was almost next to impossible. For those who had never worked for themselves, it would be too much to expect them to do any Shramdan work. When our other methods to persuade the people did not bring the desired results, I took resort to the last method.

I convened a meeting of the village women on a particular day but I did not wait for them to come to the meeting. I went round from house to house and instead of ordering them about —which I knew would be suicidal —I tried to make them feel that I was one of them. A house-wife was busy cleaning the vessels. I asked her to go to the meeting and hand over the vessels to me for cleaning. The moment I started doing it, she felt so gratified that as soon as we finished the work she was off to the meeting. In the other house, a mother was busy bathing her child. I took the child and did the job for the mother. By this time news had gone round that the new "woman from the city was very unlike a city woman. Within an hour's time all the women had assembled in the meeting place.

Once the meeting was held and I got a chance to talk to them, it was not difficult for me to persuade them to follow me. I spoke to them about the need of a centre which could teach them knitting, stitching and so many other useful arts and crafts, besides the fun they would have by arranging *bhajans* and *kirtans* and other things. After I had finished speaking, a barrage of questions followed. Who was to teach them all those useful crafts, I was asked. I assured them that a trained teacher would be appointed to do the job. But I said, our first need is the building.

One of the richer women offered to give us one of her dilapidated houses which she said could be taken over for the purpose. We saw the building but we felt that it had to be pulled down and a new one had to be constructed for the recreation centre. I put it frankly to them and said we had no money for the purpose. But if the village women offered to help, Government might meet part of the expenses.

By then the interest of the village women had been sufficiently roused. A few younger women volunteered to help and thus the work started. Meanwhile when the men saw what was going on they joined us in this Shramdan work and within a month's time, we had a neat small building for the recreation centre. Today, this village is a model village in Madhya Pradesh as for the women's programme is concerned.

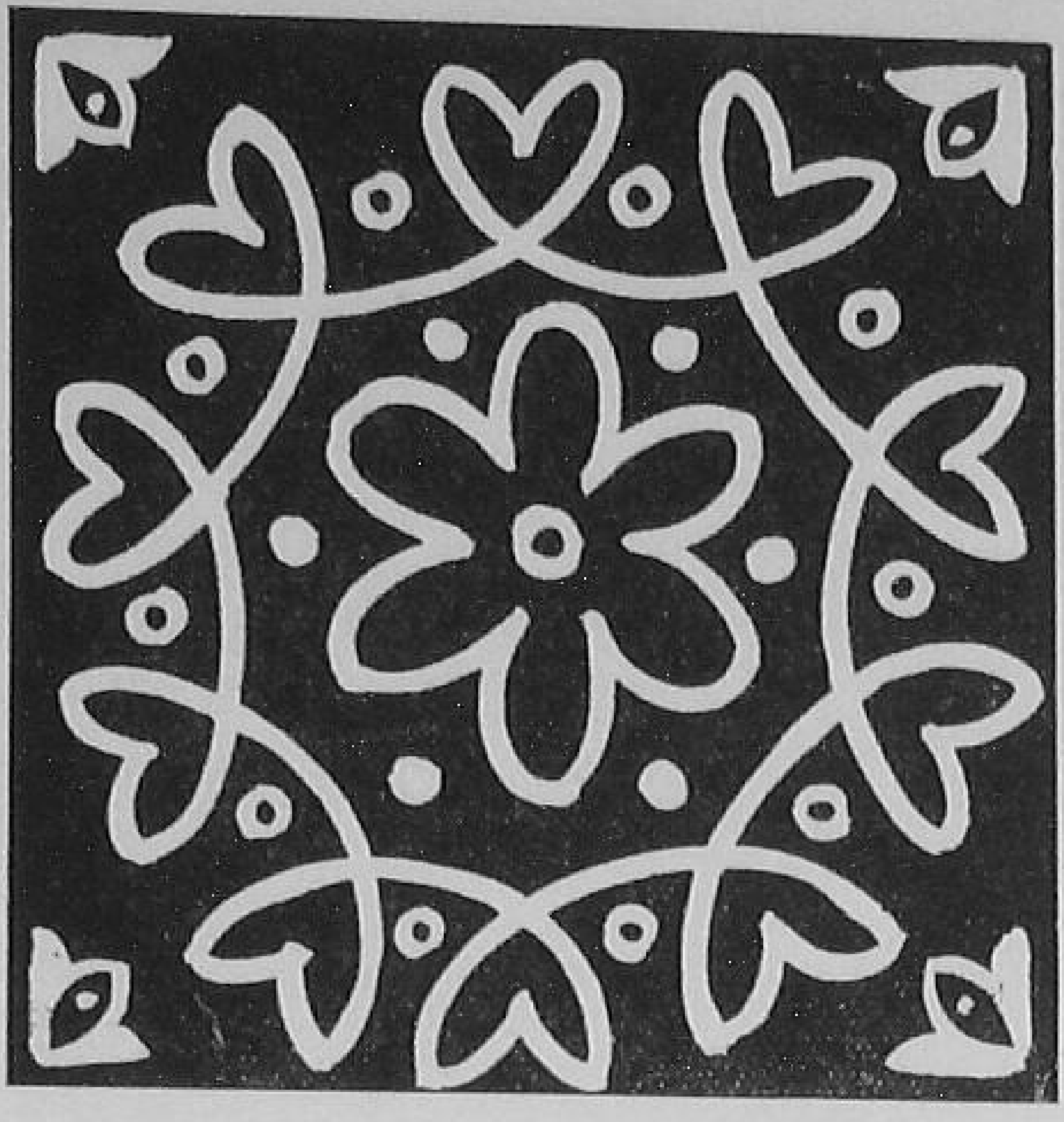
GRAM SEVIKAS IN DIFFICULTY

Sir,

It has been generally experienced by us—Gram Sevikas—that we are normally posted to the far off districts away from home. While it is certainly not possible for the authorities to appoint a Gram Sevika in her own home village, it is desirable that an attempt should be made to post her preferably in her own home district. Apart from avoiding any inconvenience to the Gram Sevikas, it will be useful to the nature of work itself. In her own home district, she has many advantages of knowing the people personally, and knowing their language too. I would, therefore, request the authorities concerned to keep these considerations in view before posting or transferring a Gram Sevika.

Block Harda,
Distt. Hushangabad, M.P.
21-1-58

Yours etc.
Prem Lata Saxena,
Gram Sevika.



Village Women Leaders' Camp

BANSKHO IS a small village in the Bassi Development Block, about 25 miles from Jaipur. A five-day camp (February 7 to 11) had been organised there by the Development and Social Education Departments of the State for imparting reorientation Training to about forty Gram Kakis (Village aunts) who had already been doing social uplift work among the women of their villages for about a year. The idea of enlisting the services of these village women for this work is the result of an original approach towards the tackling of rural women's welfare problems. A recent study of activities in the field of women's welfare has brought out that a change both in the content of the programme as well as in the method of its implementation was immediately needed to give it the desired direction and depth. It was also clear that a woman Social Education Organiser, whatever her academic attainments and training, usually failed to establish that intimate contact with women which would induce a desire for change and an appreciation of new values by them. She could not, in spite of all her sincerity, succeed in identifying herself with those among whom she worked to the extent which would make her acceptable to them. A local worker, may be only with very modest formal education, by being one of them, would have greater chances of success. Consequently it was decided to select women who belonged to the villages themselves and train them for work among the rural womenfolk. And this is how the institution of Gram Kakis came into being.

The Gram Kakis participating in the Camp were moderately educated, some of them were even uneducated, but they have proved themselves equal to the task. They have already done a lot of spade work in their respective villages. By establishing contact with village women, they have succeeded to a very large extent in gaining their confidence. They are trying to change the outlook of village women in the matter of such evil social customs as purdah and death-dinners. Besides spreading literacy among girls and women, the Gram Kakis are also teaching them some home crafts and have also introduced the magan chulah in a number of households.

The programme of the camp started early in the morning and continued till about 10 P.M. The day began with morning prayers after which there were meetings at which talks given by experts were discussed. It is interesting to note here that the Gram Kakis were no passive listeners, but participated in the discussions. In the afternoon, the Gram Kakis visited the villages nearby for practical work, which was chalked out by themselves. The day's programme was rounded off by cultural activities including singing and dancing. The entire programme was conducted by campers themselves.

Before going back to their villages at the conclusion of the Camp, the trained Gram Kakis decided upon their fu-

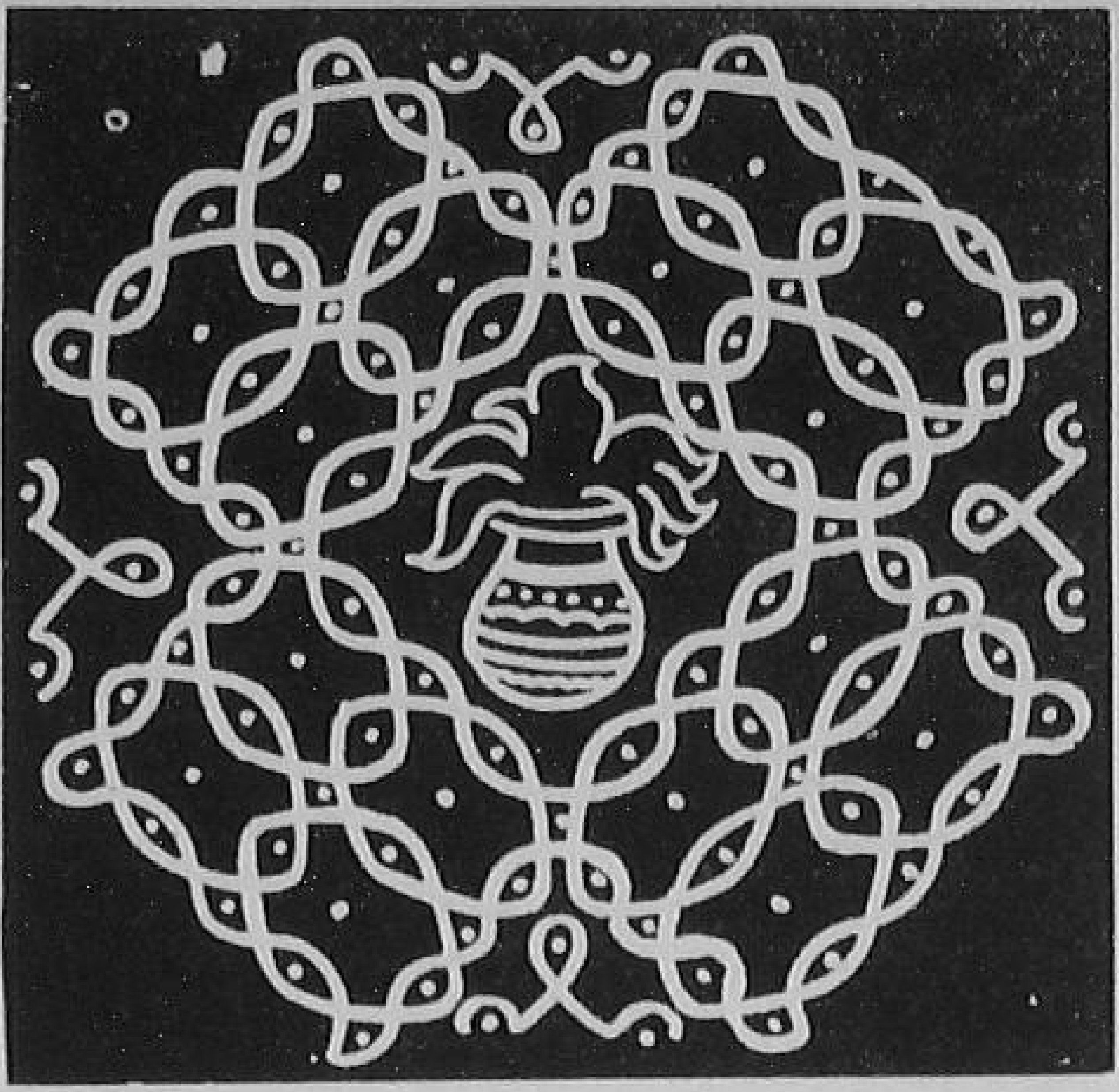
Gram Sahayaks Camp : Kerala

ture programme of work and also set up targets to be fulfilled during the two periods of the year, viz. Holi to Dewali and Dewali to Holi. Some items of the first period's work are: introduction of 30 Magan chulahs; introduction of charkha in each family; establishing contacts with at least 20 families; visit to each family four times every month; looking after cleanliness of children and of the house; sending of girls to school; planting of at least one fruit tree by every householder; by providing windows; teaching women how to sew clothes, weave niwar and prepare papad, etc.; medical examination and vaccination of children; preparing women to cast off their veils.

One of the Gram Kaki related her experiences to me. She used to observe strict purdah but has now thrown off her veil. She has been able to infuse a new life in her village and women now come to participate in Bhajan mandalis and meetings. There is a cleanliness drive in the village every month.

The Gram Kaki from Bilara informed me that she had taught sewing to the women of her village as a result of which twenty-five women had taken up the craft as a means of subsidiary income, so also some 40 families do the sewing work of household themselves. An old woman who was plying the Ambar Charkha told me that she was earning about Rs. 20|- per month from spinning.

The movement is only a year old, but it is bound to grow. Presently some 200 Gram Kakis are working in different rural parts of the State, but there is a provision for enlisting 20 to 25 Gram Kakis in each block area.



New Sources of Income for the Panchayats

T. K. Ramachandran,
Block Development Officer,
Madras State

THERE ARE no two opinions that the Panchayats play a leading role in the Welfare State. Broadly speaking a Panchayat is concerned with aspects of Rural Development and plays a vital role in the rural reconstruction work. It is true that Panchayats have been formed in most of the villages. The financial position of most of these institutions is very slender. When such is the position how can the Panchayats take up development work, such as the construction of drains, roads etc. In some places where the Community Projects and National Extension Service Scheme are in operation, roads are formed, wells are sunk and community halls are constructed from Block funds with people's and Local body's contributions. After some years, one finds only a portion of the road, and culverts without any approach road and the Community halls in dilapidated condition. Why is it so? This is because these are not maintained properly due to lack of finance of the Panchayat. When the BDO or any Block staff approaches the President to take up these works, the reply is that there is no fund.

Let us see how agriculture can improve the situation. In panchayat areas where there are waste lands belonging to or vested in the Panchayat, such sites can be profitably utilised for planting fruit plants and coconut seedlings.

The kind and varieties of plants, that can be grown are listed below.

Coconuts

In places where the soil is sandy and loamy, Coconuts can be grown with advantage. Tall Dwarf variety evolved at the Coconut research Station, Kasaragode, Kerala State, yields better in less than 6 years. Care should be taken to see that at least 25 feet spacing is maintained between the plants. Roadside margins can be planted with such plants. Each tree can fetch at least Rs. 5|- per annum.

Mangoes :

This is a more universal plant and grows under all climatic conditions. It comes up in heavy as well as low rainfall areas, poor and rich soil. Neelum, Baneshan, Bangalore, are some of the important commercial varieties. The grafted plants begin to yield within 6-7 years of planting. The average income per plant will be about Rs. 15|- per annum.

Silk Cotton

This plant is both an ornamental and economic plant. The seedlings can be planted in parks. The income derived from these plants can be utilised to maintain the parks.

The revenue for the Panchayats, depends on the availability of land and care taken by the authorities. If the Block staff and the President of the Panchayat act upon these suggestions, there is no doubt that the revenue of these institutions will be increased. The buildings and roads constructed by the project funds can be maintained in good condition.

Stories From Panchatantra—7

WALLS HAVE EARS

TODAY I shall tell you the seventh story of Panchatantra. Long long ago, there lived a king. He was God-fearing, extremely religious and very much loved by his people. He had everything that a king should have but still he was not happy. The main cause of his unhappiness was the ailment of his son. A snake had got into his belly and used it as his home, and was causing a great pain to him. Because of this malady, the prince became dejected, left the royal palace and wandered from place to place living on alms. Finally, he settled down in a temple in a far-off country.

Now the king of this country had two daughters who were of marriageable age. He loved the elder daughter because she always flattered her father. The younger one was not so wise and was quick to find out any defects that she might observe in the king. The king was, therefore, very much displeased with her and ordered that she should be married to a penniless foreigner who could be found in the town. The young prince who had settled down in the temple was once spotted out and the girl was married to him.

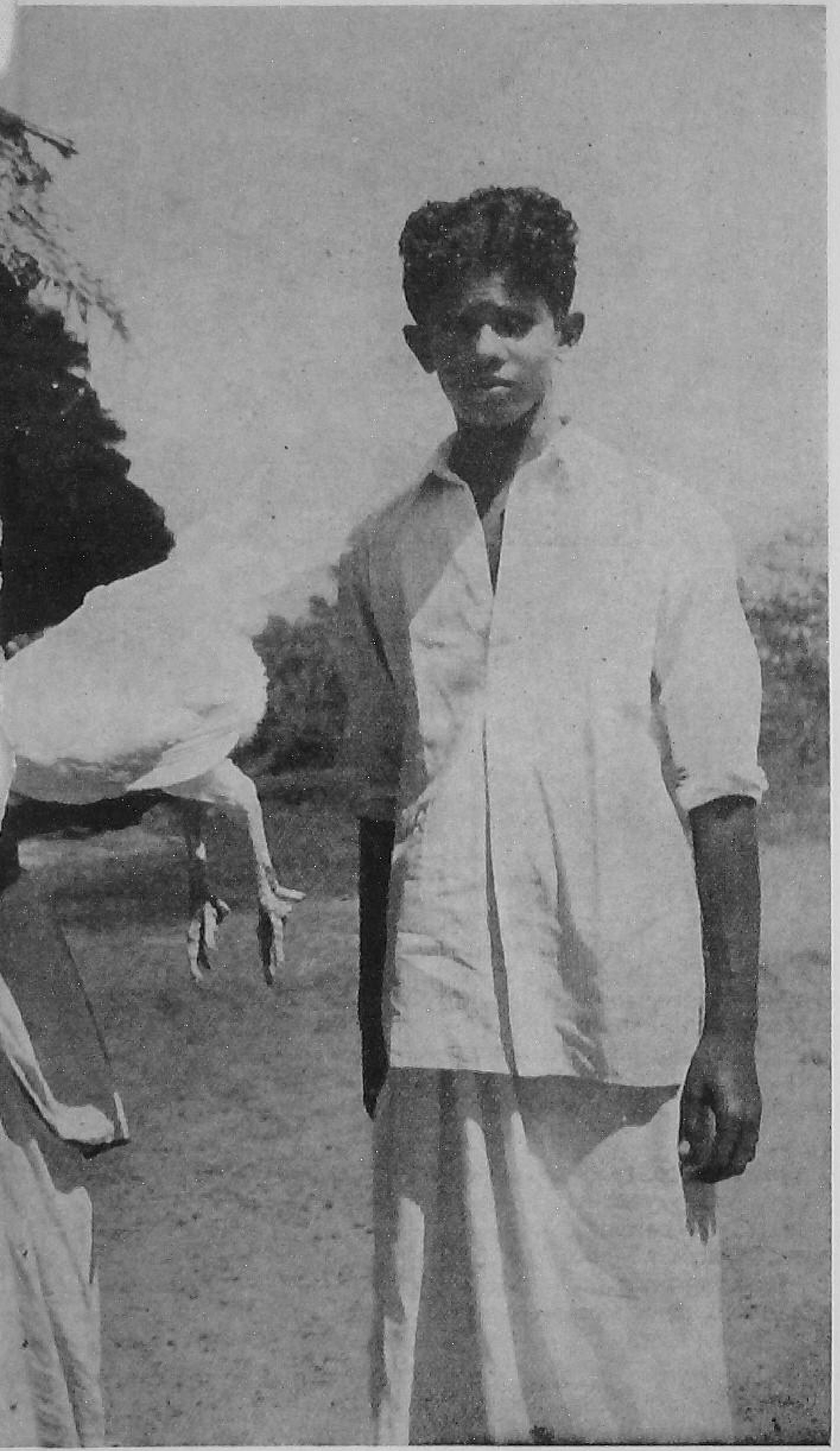
The princess was extremely happy to get a handsome husband like the prince. Both of them left the town and went to another country where they constructed a small house by the side of a tank. One day the princess went for shopping and left her husband to look after the house. When her shopping was over, she returned and found her husband asleep with his head resting on an ant hill. From his mouth the head of a hooded snake was hanging out and it was talking to another snake in the ant-hill. The serpent in the ant-hill was cursing this snake for tormenting the prince. The discussion turned into a quar-

(*Continued on page 18*)

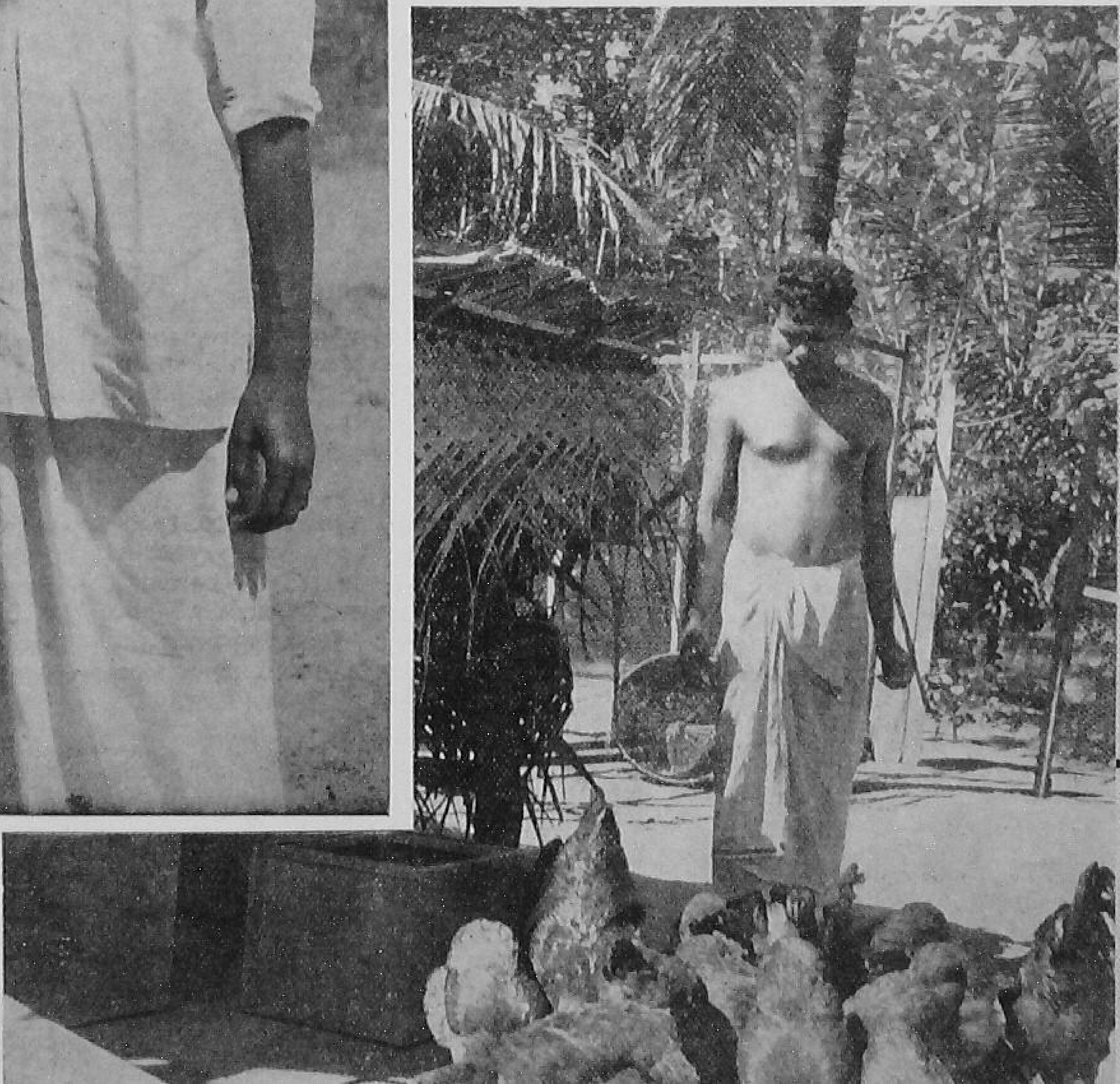
Very few in our country know how easy it is to grow Pineapple—the leafy and delicious fruit. That is why in a vast country like India only 10,000 acres are devoted to raising this crop. Assam is the foremost State in India growing Pineapple, and nearly 6,000 acres are devoted to this crop. The other States to grow Pineapple are Madras 1,400 acres, West Bengal and Andhra Pradesh 1,000 acres each, Tripura 500 acres, Kerala and Mysore 400 acres each.

It is generally planted in rows. The spacing between plants varies from 3 to 5 feet; and between the rows from 5 to 6 feet. There must be trees and bushes in between to provide the shade. It can easily grow in the backyard of every house.

The total poultry population in India today is 69 million and the number of eggs produced per year is over 1,341 million which means that each one in our country takes at least four eggs in a year. Compared to Western countries the production of eggs is very small. A country-hen hardly produces 50 eggs a year, as against 120 laid by an improved foreign bird. Only recently the importance of poultry farming as a subsidiary industry for our farmers has been realised.



Today eggs of improved foreign birds as well as birds themselves are being distributed in the countryside. Under the second Five Year Plan 300 demonstration and extension centres, and five regional farms will be set up. These regional farms will stock birds of foreign origin and supply "day-old" chicks to the States in their regions for the purpose of setting up poultry extension centres.



Rice takes up Third of the Land— And Feeds Three-fourth of the People

Rice is the staple food of nearly three-fourths of the population of India. It is no wonder, therefore, that 30 per cent of the total land under cultivation is devoted to paddy. The crop is cultivated almost in all the States, extending from the river-delta regions of the South to places at heights varying from 3,000 to 5,000 ft. above sea level in the Kashmir Valley in the North.

But the amount of rice we produce today is not sufficient to meet the requirements inside the country. Every year huge sums are being spent on the purchase of rice from abroad. Whereas a Japanese farmer owning an acre of land gets a yield over 30 mds. of paddy, the Indian owning an acre gets only 10 mds. or less. Improved methods of paddy cultivation as followed in Japan are being followed in the countryside.

Extension Through Rural Youths

Dr. J. C. Srivastava

Junior Associate (Ent.), Planning, Research & Action Institute, U.P.

THE PLANNING, Research and Action Institute of U.P. undertook a Pilot scheme on Extension through Rural Youths. Under this scheme, Youth Clubs were started at Ballia. The boys in each selected village between the age group of 12 and 20 years were helped to organize themselves into a group (club) with their own office bearers viz. President, Vice-president, Secretary, Treasurer, Project leader and Captain. Each member had an individual project centering round vegetable growing, crop raising, calf rearing etc. There were also group projects centering round some community programme and recreational activities. The club members also organized camps, plays, tours, competitions, exhibitions, judging contests, social meets etc. Each member kept a record of costs, labour and results for evaluation of the projects. The basic technique used was 'Learning by doing and earning while learning'.

Club meetings were conducted almost twice a month on a particular day and proceedings carried on in a democratic pattern.

Results

By taking individual and group projects the youths gained intelligent understanding of various techniques, programmes, possibilities, problems and possible and desirable habits and used leisure better.

The truth of principles of extension has been successfully demonstrated as will be evident from a few chosen illustrations given below:

1. The cultivators of the villages where youth clubs have been started, have taken up line sowing and caring for distancing from row to row and plant to plant.

2. The taste of vegetables as taken in the daily diet of members and their families, has also increased tremendously.

3. A remarkable outcome has been the reclamation of uncultivated land which were previously the dirty corners of the village.

Literatures for Youth

Soon after the clubs were started it was discovered that suitable literature was almost wanting and that in order to support the work with technical information written to the reading level of the neo-literates and young members it would have to be prepared to meet this need. A number of 'How to do' booklets costing one anna have been brought out. A collection of songs appropriate for youths has been published.

Experiences

1. The youth programme should be made within manageable limit.

2. The membership should be increased slowly watching the interest and participation of other members.

3. Ultimately the entire programme has to be shouldered by the volunteer youth leaders and their dearth at the moment caution us to wait for sometime more for rapid expansion of the programme.

4. Suitable projects, viz., crafts, bee-keeping, etc. may be introduced for the landless families.

5. Participation of illiterates may also be encouraged. However, facing all these odds and working in the midst of trials and difficulties the following perceptible results have been noticed.

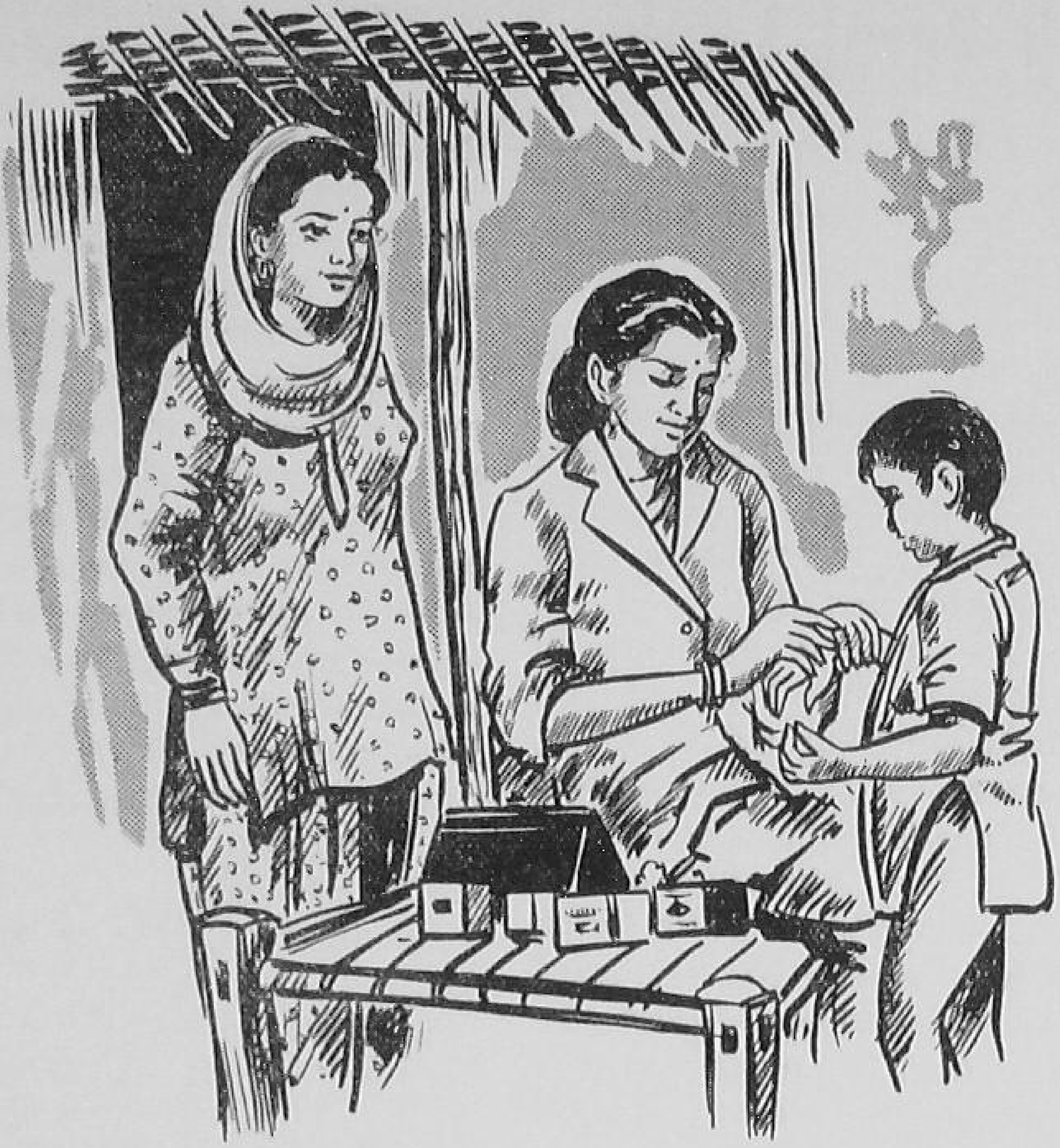
1. Community mindedness:

(i) The old parental enmity of rural youths is steadily disappearing and nearly all the youths of the villages where clubs have sprung up are keeping and working together.

(ii) Youths are learning simple lessons of democracy in electing their office bearers, moving a resolution, seconding it, voting for it etc.

(iii) Social barriers are being torn down. The rich and the poor, the high and the low castes all sit together and participate in the club activities.

(Continued on page 18)



CAREERS OPEN TO YOU

A HEALTH VISITOR

A HEALTH VISITOR's work is to promote the health of the community with special emphasis on the health and welfare of children. A health visitor thus instructs and assists women in promoting the health of the family and guides them in the care of their children. Such assistance is also helpful in improving the standard of care during pregnancy and in maintaining the mothers' health as well as that of the children. The Health Visitor's advice and guidance are useful in reducing the incidence of disease and in raising the standard of family nutrition and hygiene. She gives expert ante-natal advice to expectant mothers with regard to diet, hygiene and other problems to enable them to go through pregnancy safely and to ensure for them healthy children. She also assists the mother to make appropriate arrangements for delivery. She maintains registers of individuals and families and has knowledge of the community whom she serves. She advises the family to make appropriate arrangements for a health 'check-up' in case of illness and if any medical aid is necessary she gives appropriate advice.

Health visitors are generally employed by Public authorities in cities, towns and rural areas. They may also be employed in large hospitals and maternity homes in promoting pre-natal care. Individuals may be required to work in specialised fields, e.g. under maternal and child health schemes including School Health, Family Planning, Veneral Clinics and others. A large number of health visitors are employed in the health services established under Community Projects and the National Extension Services and at Health Centres in the various States. Some are employed by industrial establishments. Trained midwives usually assist Health Visitors in maternity cases. A doctor often supervises her work and renders the appropriate medical aid.

Usually, the health visitor is provided with free furnished quarters near the place of her work, so that her services may easily be availed of by the neighbourhood.

TRAINING

The way to qualify is to undergo a two-and-a-half year training in a recognised Health School. At present ten institutes in India are training health visitors. The period of training in the case of registered nurses, who hold a certificate in midwifery, is one year. Women who are between 18 to 35 years of age and have passed the

matriculation or equivalent examination are eligible for the integrated midwifer-cum-health visitor's training.

The integrated two-and-a-half years' training is so designed that after its completion the health visitor is competent to work in rural, urban or industrial fields. The preliminary course is of 18 months and the training is conducted in a hospital. To be eligible for the final course, the trainees have to pass the State midwifery examination. The final course extends over a period of one year. The candidates are required to reside at the training institutions and board and lodging facilities are provided for the purpose.

The following are the subjects of study:

Preliminary 18 months—Anatomy and physiology, ethics, microbiology, nutrition, cookery, applied nutrition and dietetics, household management, nursing (theory and practice), personal hygiene, first aid, pharmacology, ante-natal care, midwifery training.

For the final course of 12 months—tuberculosis, communicable diseases, record writing, economic and social problems, civics, rural development, industrial health, organization of maternity and child welfare work, public health administration, supervision of auxiliary workers, are included.

Practical training is comprehensive and covers the following subjects; elementary nursing in the home, domestic science, midwifery work, ante-natal and post-natal clinical practice, supervision of the health of pregnant women, care of infants and children, school health, vaccination, anti-tuberculosis work, pharmacology, attendance at clinics for skin conditions, work in children's out-patient departments, home nursing, training and supervision of midwifery services, observation visits to creche and nursery schools, home visiting and record writing.

On completion of the training, the students appear in an examination conducted by the State Nursing Council or an institution authorised to do so. Successful students register themselves as health visitors in the State Councils or the Indian Nursing Council, New Delhi.

COST

Tuition fee: Rs. 100|- and living expenses: Rs. 1000|- to 1800|- for the entire course. Stipends are offered, after registration, to serve the State for at least three years including service in the development areas. The amount of stipend varies from one State to another, but is usually Rs. 50|- p.m.

QUALIFICATION

Personal qualities necessary for the job are a cheerful temperament, genuine interest in social-welfare work and in children, and a great fund of patience. Service to humanity is the guiding motto of health visitors. The work requires good physical health and intending candidates have to pass a medical examination.

Openings occur in municipalities, in Community projects in the rural areas and in health centres under the National Extension Services. Some industrial concerns and factories also employ health visitors. The State and Municipal Maternity and Child-Welfare Officers and health departments can often assist candidates in seeking suitable employment.

SALARY

Salaries vary from State to State. Generally a health visitor starts on a minimum pay of Rs. 75|- to Rs. 100|- p.m. and the maximum of the scale is between Rs. 100|- and Rs. 200|-. In addition to pay, a health visitor is entitled to dearness allowance, fixed travelling expenses in some cases, and free furnished accommodation and the advantages of a provident fund.

PROSPECTS

A few selected health visitors are sent abroad for further specialisation and promising candidates can rise to the post of teachers at health schools and to supervisory posts in the health services.

FOR FURTHER INFORMATION, you may contact:—

> The Maternity and Child-Welfare Officer of your State Health Department, or the Indian Nursing Council, Church Road, New Delhi.

I TELL MY OWN STORY—AMLA

P. Balasubrahmanyam,

Extension Officer (Agri.)
C. D. Block, Kurnool

My place in the Community of fruits is not yet fully recognised. Few people realise how concentrated I am in vitamin C content. "Emblica officinalis" is my scientific name. I am known by several names such as Indian gooseberry, nelli, amla etc. I belong to the family of Exphorbiaceas. At present I am found thriving in tropical forests and on hill slopes upto about 4000 feet.

I am cosmopolitan in my soil requirements. I am also hard by nature. I warrant little attention but return rich rewards by way of prolific yields. The propagation is seminal. But a sexual reproduction such as budding and inarching are possible. In fact my inferior types can be upgraded by top working. 25 to 30 feet spacing will be greatly appreciated. In summer months, I require to be irrigated till I am established. I commence yielding after about eight years. The fruiting season is winter though in some places in the South, fruits are found throughout the year. Three to four maunds per tree is a common yield.

There is no serious pest or disease affecting me. Nomenclature and classification work deserves attention. I offer wide scope for study by research and extension workers alike. My uses are several. The fruit is a rich source of vitamin C. It stands transport and is not damaged by birds. Emblica powder, tablets and candies were justly famous during the war as a source of vitamin content. The fruits are also popular in pickles. They are also used in the preparation of hari oils.

I am an optimist. I look forward to a bright future. Why do not you Mr. Gram Sevak carry me to different villages and thus help to upgrade the health of our rural folk. Also please note I am a must plant in a home garden. Thank you.

WALLS HAVE EARS

(Continued from page 10)

rel and the ant-hill snake said, fool, don't you know that if the prince just takes a little mustard, he can kill you straightaway." The snake from the prince's stomach taunting the other one said, "but you are not stronger then I am. You can be killed with a little hot water and all the gold which you are now sitting on can be taken away."

The princess was hearing all this. When the snake had settled down again in the prince's stomach, she gave a little mustard to her husband and the snake died immediately. The prince was thus relieved of the agony and pain which he had suffered for such a long time. After this she killed the snake in the ant-hill by pouring hot water and collected all the gold. That is why it is said that walls have ears and that you should never part with a secret.

EXTENSION THROUGH RURAL YOUTHS

(Continued from page 15)

2. Extension work:

As stated before, the youths are learning improved practices relating to agriculture, animal husbandry, crafts and public health and also, directly or indirectly disseminating these among their parents, guardians and neighbours.

3. Physical, cultural and recreational:

Youths are celebrating festivals and national days in a befitting manner. They have become health minded and have also got the stage confidence for speaking, reciting and acting.

Thus the youth clubs are proving an effective medium for spreading new ideas and new skills in the rural areas and have been found quite useful for our extension workers as well. Today there are 25 clubs with the membership of 433 in the project.

500 PER CENT MORE

LARGE QUANTITIES of fertile top-soil is being washed away by rain particularly in the dry areas. Such surface run-off leads in due course to the formation of gullies and nullahs. If food production is to be stepped up, such surface run-off has to be prevented. Gully plugging has to be done and ploughing and sowing along the contours resorted to. Soil conservation work is now generally recognised as very necessary. This article gives a brief review of the work done by an Extension Officer for Agriculture in the Paliadam Block in Coimbatore District.

Immediately after the block was started, the Extension Officer for Agriculture made a survey of the area and found some small pockets of dry land subjected to surface run-off and consequent impoverishment of the soil in the village of Semmipalayam. The dry soils comprised a friable loose red loam capable of giving a very good crop of millets like Cholam and Cumbu (Jowar and Bajra) and pulses like dhall, lab-lab and horse-gram in seasons of normal rain. But this soil is being washed down every year by surface run-off. The Extension Officer induced the farmers to take to soil conservation methods. He got a bulldozer for one of these farmers whose land was also heavily infested with Hariyali weeds. The land comprising 29.5 acres had a few black babul trees scattered over the place and was being used as a grazing land for cattle. There were deep gullies on account of soil erosion. 15 acres were being sown with Jowar in April-May and fetched a net profit of Rs 225|-. The other 14.5 acres not having enough top-soil to support a crop was left fallow. After the harvest of Jowar in August, about 24 acres were put under horse-gram and fetched a net return of only Rs 60|-. The total annual net income was Rs 285|- from the holding of 29.50 acres in normal years.

The Extension Officer suggested to the owner of this land Sri S. P. Palaniswamy Gounder, that he might level up the land with the aid of a bulldozer, remove the deep rooted weeds, put up big bunds, raise crops on the bunds as well as the fields, after fencing the area. He also suggested suitable culverts for guiding rain water, plugging gullies and having a small pond for catching the flow of rainwater and using it for irrigation purposes as this area has a very low-water-table.

The Bulldozer worked for about 107 hours, the stones and weeds were removed, the available soils spread up evenly throughout the area, and large straight bunds put up along the contour of the slopy land. Castor, lab-lab and black-gram sown on the bunds helped to strengthen them and yielded an additional profit of about Rs 50|-. Prosopis Juliflora sown round the boundaries has grown into an excellent impenetrable fence. Granite culverts have been put up in six places at a cost of Rs 500|-. About 50 cart-loads of dressed stones have gone into their making. So far two crops have been harvested, from this 29.5 acres of reclaimed land. Jowar sown in April-May in 29 acres has given a net profit of Rs. 500|- and horse-gram sown in September-October, Rs 170|-. Thus the same 29 acres has given the total of Rs 670|- against Rs 285|- before reclamation. The cost of cultivation was Rs 585|- prior to reclamation and Rs 860|- after reclamation. The depth of soil has improved by the stirring of the sub-soil and levelling of the top-soil. On account of proper bunding and provision of culverts, there is greater conservation of moisture. The soil is also weed-free. These have contributed to better cropping.

The Extension Officer has further recommended to the owner to improve the texture of the soil by importing some blacksoil so that remunerative crops like chillies, onion, cotton and flowers could be grown. Under his guidance the farmer has also programmed to improve the irrigation facilities by constructing a pond and also sinking a well. If these improvements are carried out, the present income can be increased nearly by 500 per cent.

Barbers Without Razors

Dr. K. D. Roy,
Vigyan Mandir, Arunachal (Assam)

AKAND is a middle sized shrub and grows throughout the State of Assam. It is very much liked by village medical practitioners who use the plant from the root to the stem in treating different diseases. The milky juice of the plant is utilised in making combs, buttons and outer-coverings of fountain-pens, besides its medicinal uses.

While touring through the villages, I saw this plant grown in the houses of several village doctors. They were all praise for this plant but were worried about a disease in the plant itself which they could not check. I asked for the insect which we preserved in our laboratory. We fed these insects on Akand leaves. It proved to be a voracious eater. After a few days the insect changed into a different shape and after 10 days, the outer-coverings of the insect were broken. The green and pink coloured ones took the form of a full-fledged butter-fly while those with black coverings turned to be ordinary varieties of flies.

Once we discovered the root of the disease it was easy to control it. The spray of DDT (50 per cent wettable powder) at the rate of 1 lb of DDT in 25 gallons of water was prescribed and soon the disease was eradicated from the whole area. The experiment that we carried on in our laboratory was displayed to the village leaders who had come to attend the training camp and many of them were surprised to see the transformation which the insect underwent within 10 days' time.

We had another interesting experience. "Calabash Cucumber" is a very common vegetable in some parts of Assam. In Hindustani it is known as Lowki and in the local language it is known as Lau. Generally village women take care of this plant and grow it in their kitchen gardens.

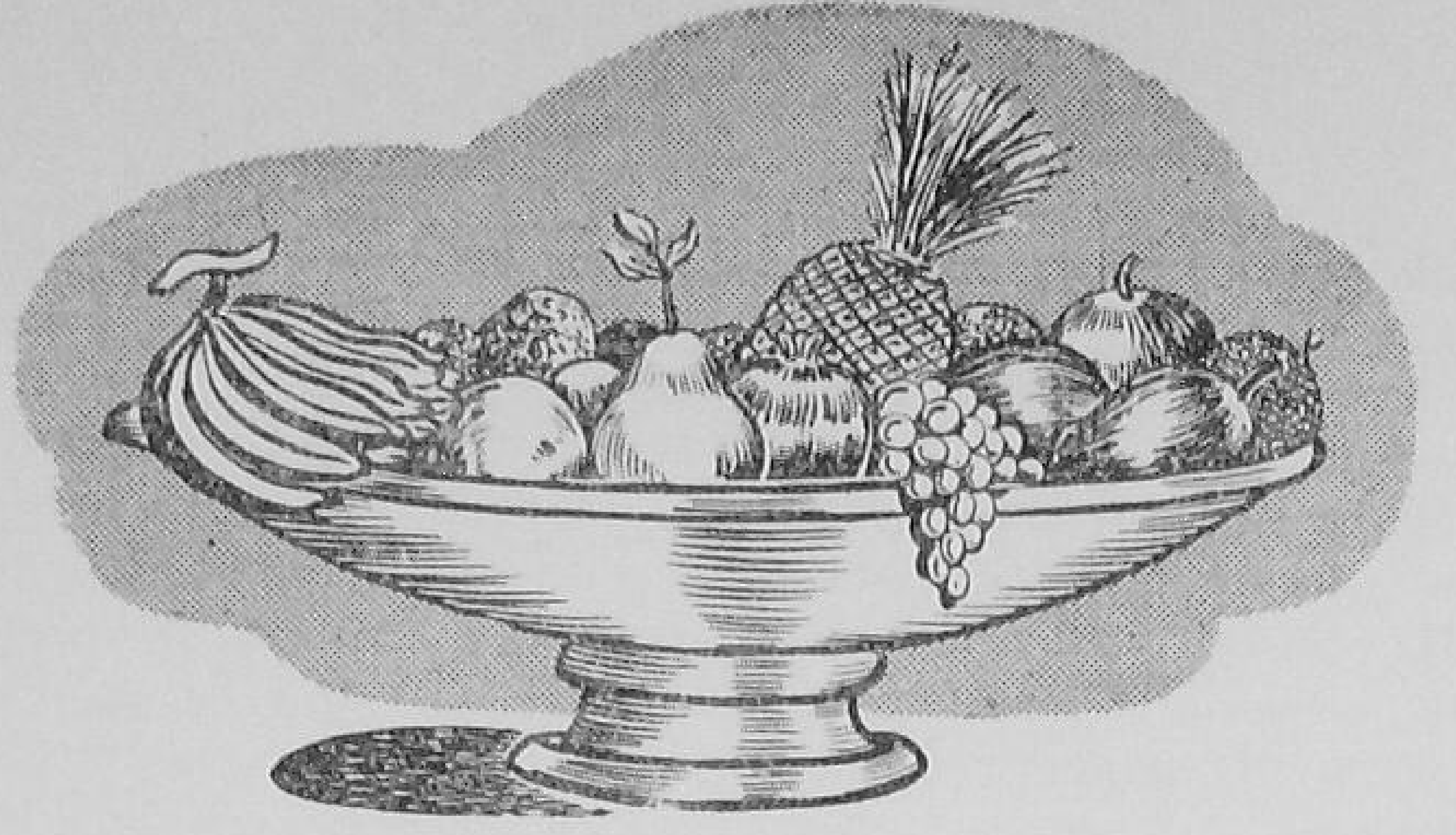
The most favourable sites for the growth of this vegetable are the banks of the small ponds. Moist atmosphere is favourable for its healthy growth. The result of analysis shows that the vegetable contains 96.3% moisture, 0.2% protein, 0.1% fat, 0.5% mineral matter, 2.9% carbo-hydrates and Vitamins in traces. Like all other fruit vegetables, it responds very well to farm-yard manure or compost. Generally, the villagers add farm-yard manure and muddy soil at the base of the plant.

Various delicious curries are prepared from this vegetable. Besides, the outer cover of this ripe vegetable is utilized in the construction of different musical instruments.

While touring through the villages for the collection of specimens for our museum, one elderly woman supplied me with an insect. The insect lives in the back of this vegetable plant. The leaves become curved and the insect creates a protection for itself inside the curved portion. The growth of the plant consequently becomes very much stunted. The insect also feeds itself by the leaf. The insect is reared in our laboratory. After a few days, the insect creates a net like structure by the secretion of fine threads and takes shelter inside the net. After a few days again, the insect transforms itself into a different stage. (Moth-order Lepidoptera—class Insecta.) The insect in the preliminary stage can be very easily controlled with Agrocide or Guesarol. The experiment is a very easy one. It can be carried out in a small dish.

Modern scientific developments have not yet reached the door of our villagers. But their mind is quite open. They desire to buy insecticides worth a few Naye Paise. But we have no provision for the sale of such insecticides. Like barbers without the razors, we could offer advice, direction, and information.

NOTE :—(In the Vigyan Mandir, Arunachal, various diseased plants are kept in the display boxes for quick references. The utilities of various insecticides are shown to the villagers by practical demonstration.)



Prepare Your Own Syrups & Pickles

We are glad to publish under this new feature details of recipes for the preparation and preservation of popular Indian fruits and Vegetables. These were originally issued by the Central Food Technological Research Institute, Mysore and the Director of this Institute will be glad to provide any further information which may be desired by our readers.

SELECTION OF FRUIT—Select fully ripe, deep red-coloured tomatoes, free from bruises and fungal attacks. Wash them thoroughly in running cold water to remove dirt and other extraneous matter. Remove the green and blemished portions with sharp and pointed stainless steel knives and cut the sound portions into small pieces. Collect the prepared fruit in an aluminium or stainless steel open vessel and crush thoroughly with a wooden ladle. Cook the crushed mass for about 5 minutes, and mash it well while cooking. When it is sufficiently soft, remove it from the fire and strain through a fine mosquito net cloth or 1 m.m. mesh stainless steel sieve rubbing with the bottom of an enamelled mug and discarding the seeds and skins.

Recipe—The following recipe has been evolved on the basis of the experimental work done in the Fruit Products Laboratories at Lyallpur, under the auspices of the Indian Council of Agricultural Research.

Common Salt—½ lb. per 100 lbs. of juice.

Sugar—1 lb. per 160 lbs. of juice.

Bottling of juice—Pour the finished product into hot sterilized crown cork bottles kept in boiling water for half an hour and sealed air-tight by crown corks which have also been kept in boiling water for 2-3 minutes.

Pasteurization—Pasteurize the filled bottles by placing them in a vessel having a false bottom (a double or four fold thick cloth placed at the bottom of the pan) and covered with water which is kept boiling for half an hour.

Cooling and storage—Remove the bottles from boiling water. Let them cool and finally store in a cool, dry place.

Mango & Other Preserves

Select fully developed, firm but slightly under-ripe fruit (judged from the pulp being pale yellow in colour). Fruits with loose pulp even though under-ripe should be discarded. Wash thoroughly to remove dust, soil, spray material etc., by scrubbing with hands and washing. Remove the peel with sharp stainless steel knives and cut large and good looking slices. Care should be taken that the peeled slices are left in brine solution or in water as otherwise the slices would turn black. This method is based on the results of experiments carried out in the Fruit Products Laboratories at Lyallpur under the auspices of the Indian Council of Agricultural Research. Wrap the prepared slices in a piece of muslin cloth and give them a dip in boiling water for 5-10 minutes so that the slices become softer and are easy to prick. Spread the slices on a clean piece of cloth and puncture with forks or bamboo prickers.

Take sugar equal in weight to that of the prepared slices and make a syrup by boiling it with 1 : 3 of water and a little citric acid (at the rate of 10-15 grains per lb. of sugar used). Add the slices to the syrup when it has become thicker. Cover the contents with the lid and heat again till the temperature of the syrup reaches 224°-225°F (at sea-level) or when the syrup drawn between the two fingers is thick enough to give 3-4 threads.

Allow the product to cool and then transfer into sterilized and dry glazed or glass jars.

Daulat Ram Sharma

Man of the Month

"Sir, I have come to beg for a favour, kindly get me relieved from the Training Centre" thus pleaded Shri Daulat Ram Sharma in 1954 when he was a Gram Sevak trainee in one of our Extension Training Centres. He had been there only for about a week. Before they could be allowed to study in the Centre they had to execute a bond to serve for two years after the 6 months' training course. Obviously whatever he had seen and visualised his future prospects as a Gram Sevak did not justify his expectations.

Shri Sharma who hailed from the mountainous district of Kangra was a graduate. He was sobre and extremely well-behaved. Even his one-week stay was enough to convince him that he was the right man for our extension work. When persuaded to stay on he opened out his mind. All was not well with the training programme as it was then going on. He was persuaded that an Extension Agent's main qualification was patience. Even so he was out to educate his own teacher. He decided to stay on inspite of several other tempting offers of higher remunerations.

After passing out from the Centre he was posted to several places in the plains and ultimately to his own home district, Kangra. Work in this backward hilly district was not all play. There were many disappointments in store for him. He had an interesting time in overcoming them one by one. Shri Sharma applied for overseas tour as an International Farm Youth Exchange-boy. He was selected and went for six months study-tour abroad where he has seen several countries, and lived with several farming families in U.S.A. Wherever he has gone he won friends by his charming personality and has been a youthful ambassador of his country. He appeared on the television in U.S.A. His interviews have been recorded and got him and our country a lot of publicity in the foreign press.

What was the most interesting impression about his tour in U.S.A.? "The American farmer works very hard, much harder than even our best Punjabi counterpart." He wished to be posted back in his same place as V.L.W., where he had already joined.

He has now been promoted as Social Education Organiser and posted in the same district.

All India Tours

Sir,

I have read with great interest the letter written by Shri C. J. Rajappan in the December issue of Gram Sevak under the above caption. Very few of us—Gram Sevaks—get the opportunity to visit Blocks in other States to exchange our experiences with the V.L.Ws in those Blocks. Chances of our attending the Seminar or Conference connected with the Community Development are still few and far between. I would, therefore, suggest that the yearly tours for Gram Sevaks may kindly be started by the Government. If the Gram Sevaks offer to pay half the expenses of these tours, (which they cannot easily afford) it is certainly a good indication of their earnestness about it.

N.E.S. Block,
Tellicherry.

Yours etc.
M. Devadas,
Gram Sevak

DO YOU KNOW?

THAT forty-two research fellowships in animal husbandry subjects will be awarded by the Indian Council of Agricultural Research during the five-year period 1958-63. Each fellowship will be of the value of Rs. 250 p.m., and tenable for a period of two years. The subjects for which fellowships will be available are animal pathology, bacteriology, parasitology, nutrition, physiology and breeding, dairy chemistry, technology, bacteriology, and poultry and sheep and goat husbandry. The candidates who obtain the fellowships will conduct research at suitable centres in the country. The total amount sanctioned for the fellowships is Rs. 3,50,000.

SOIL TESTING

That the Government of India have introduced a soil testing service for the benefit of cultivators. Under the programme, which aims at stepping up agricultural production by the proper use of manures and fertilizers, 15 soil testing laboratories, covering 12 States, have been established. Equipment for these has been provided by the Technical Co-operation Mission.

The laboratories examine soil samples sent by agriculturists, and advise them on the requirements of manures and fertilizers for obtaining increased crop yields in their fields.

In addition, a mobile soil testing van, obtained through the T.C.M. is operating in the States, analysing soils in the fields and making recommendations to farmers on the use of manures and fertilizers.

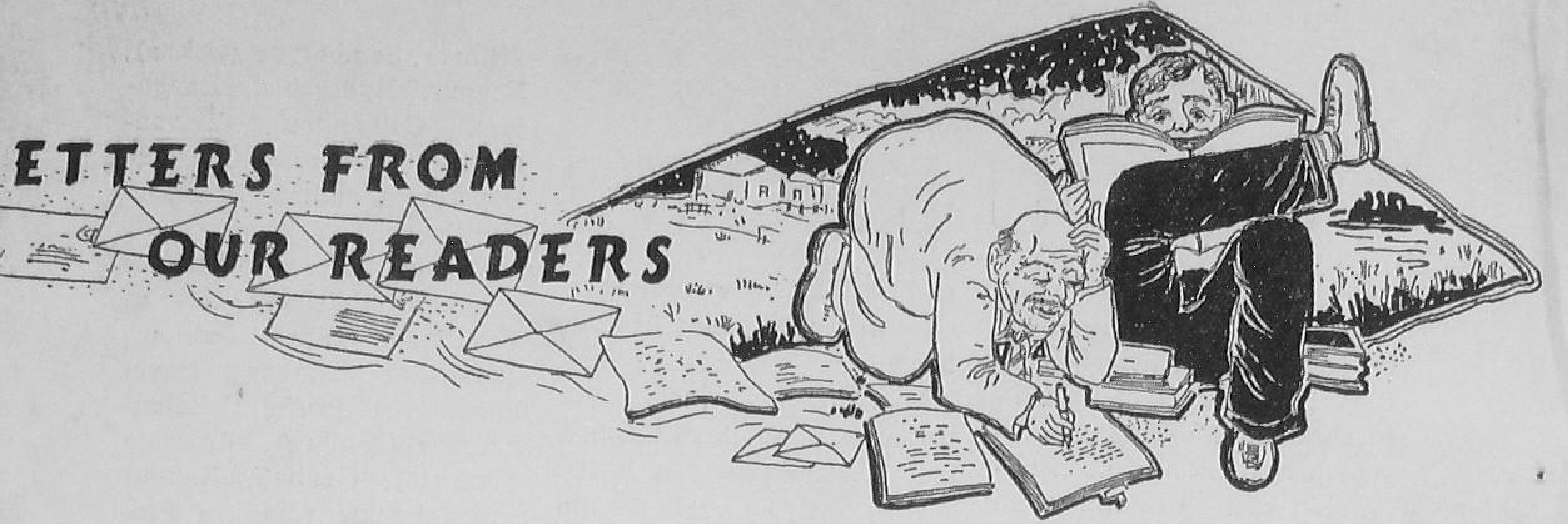
About 13,000 soil samples have so far been analysed by the laboratories, which are located at Simla, Ludhiana, Nabha, Delhi, Sabour (Bihar), Sambalpur (Orissa), Nagpur, Hyderabad, Bangalore, Coimbatore, Trivandrum, Gwalior, Calcutta, Bapatla (Andhra Pradesh) and Poona.

Nine additional laboratories will be established shortly at Hazaribagh (Bihar), Jodhpur, Junagadh (Bombay), Bavehonnur (Mysore), Rajahmundry (Andhra), Agartala (Tripura), Gauhati, Kanpur and Jabalpur (Madhya Pradesh).

It is also proposed to build up a library of soil testing data at each laboratory and prepare soil test summaries for a region or a district and, ultimately, for the entire State.

JALGAON CO-OPERATIVE STORE

It has been very often observed that many of our Technical or professional institutions while devoting all the attention to the theoretical aspects of their subjects very often ignore the practical aspect of it. This is particularly true in case of the institutions like those of banking, Co-operation etc. In order to give a good practical training to the students, the Jalgaon Co-operative Training School started a Students' Co-operative about a year back which caters to the needs of the students and the staff. With an humble start of selling text books and note books to the students, the Co-operative store has now become a self-sufficient business concern. In the first session of the school when the co-operative was just started text books and note books were supplied to the students through this store. Publishers were contacted and efforts were made to secure maximum trade discount from them. The Co-operative was thus in a position to effect the sales of books and note-books to the tune of Rs. 1,100 resulting in a profit of Rs. 120. This was followed by the purchase of consumer articles like soap, blades, tea, matches, tooth powder, fountain-pen ink, accounts papers, answer books etc. The sale of various consumer articles gave a profit of Rs. 52 to the Co-operative. The Co-operative is thus adding many more items to its stores and more and more students are taking interest in its working. It not only gives them practical training in co-operation but makes it easier for them to understand the subjects like Co-operative law, accounts, management of societies, rural economics, agriculture, banking, marketing etc. though on a very small scale.



REFRESHER COURSE

Sir,

After getting his extension training at a Training Centre, a Gram Sevak is posted to an N.E.S. or C.D. Block. There he works in the villages and gets practical experience which no doubt is very valuable; but at the same time, he is cut off from the new methods of extension. It would really be a great help if each Gram Sevak after the completion of three years of service is sent back to a training school for a six weeks refresher course.

Yours etc.
M. C. Bankapuri,
Gram Sevak.

C.D. Block, Madha,
Distt. Sholapur.

LEARNT THROUGH MISTAKES

Sir,

My limited experience has shown to me that where extension methods fail, it is best to allow the villagers to make their own mistakes. May I cite an interesting example in support of this? About three years ago, a reputed farmer of village Chopra approached the Agricultural Extension Officer and requested him to show him the improved method of cultivation of potatoes. The former demonstrated the entire process and insisted on line sowing. The Agricultural Extension Officer left the place and our farmer friend though a good man became a little doubtful about this method and sowed the seeds not in line but at random. When his son pointed out that this was not the method which was shown by the Agricultural expert, he was rebuked. The son, however, was allowed to sow the seed in two lines. When the plants began to grow it was found that only those seeds which had been sown in line had grown well while the growth of other seedlings was very much stunted. The farmer realised his mistake and was convinced about the advantage of line sowing.

Next year when the potato seed was being sold by the Block authorities, the price fixed was Rs. 1-8 per seer in the open market, while the farmer got the seed at Rs. 0–6–0 a seer. The farmer preferred to buy the seed in the open market. In spite of the request of the Agricultural Extension Officer not to buy it and to buy only the approved seeds, all that the farmer did was to buy a seer of seed from him. The farmer purchased a cart load of manure in order to teach a lesson to the Agricultural Extension Officer. Again, at the time of harvest it was found that the yield from the inferior seeds was a complete failure. This was an eye-opener to the farmer. He has now left all these matters to his son, who is an educated man and who has been running his father's farms excellently.

Jaganathprasad,
N.E.S. Block

Yours etc.
P. C. Pattanayak, S.E.O.

Folk dancers of Rajasthan, add to the richness of rural life.

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